

This diploma thesis discusses alternative diets. The theoretical part of the work clarifies the possible reasons leading to the decision to eat an alternative diet, and also gives the forms of alternative diet and the possible risks arising from these diets, early human development is described here along with the diet during its individual periods. The practical part of the thesis, which was realised using the questionnaire survey method, endeavours to establish how much knowledge women have about alternative diets and also discusses the issue of preference of an alternative diet.

The performed survey found that alternative diets are not significantly widespread among the respondents and therefore knowledge about them is insufficient, unfortunately even respondents who actually feed their children an alternative diet lack knowledge.

On the basis of the established information a lecture was held on the topic of alternative diets, the purpose of which was to clarify the basic facts about alternative diets and spread knowledge about them.